



Ubuwuzi bwa tereterapi bukora gute?

- Kuvura mu buryo bwa Tereterapi hakoresha ubuhinga bwa none nka za mudasobwa, terefone nini, na zimwe bita "smart phones" kugira umuganga ashobore kuvugana n'imiryango bifashishije umuhora uheza ukabahuza. Ibikorwa rero bikagenda birakorwa nk'aho umengo n'amazi atembera mu tuyira twinshi (streaming) bakoresheje umuhora wa Wi-Fi canke bagaterefona bisanzwe.
- Umuganga wawe arakurungikira mu butumwa bwa email kuri terefone yawe umurongo ufyonako mugaca mutangura kuvugana.
- Umuganga wawe arashobora gushiraho ivyigwa vyo kukwereka ingene ushobora guca mu murongo yaguhaye mukavugana ata nkomanzi.
- Igihe co kuza urarondera umuganga kiravana n'ivyo umwana wawe akeneye.
- Rimwe na rimwe ushobora guhitamwo uburyo bwa tereterapi n'ubwo kwibonira na muganga bivanye n'icipfuzo cawe n'aho umuganga wawe yoba asanzwe aba.

**Kwitaho amagara yo mu mutwe
Y'umuntu mutari kumwe
Mu kigo C'itaho abana batoyi
(N.C. ITP)**

Kwitaho amagara yo mu mutwe ku muntu mutari kumwe ni ukuvuga iki?

- Kwitaho amagara yo mu mutwe y'umuntu mutari kumwe bikorwa hakoreshejwe terefone, mudasobwa, canke terefone nini aho aba ari ahandi hantu atari hafi y'umuryango.
- Kwitaho amagara yo mu mutwe muri mwen'ubu buryo bizotorera umuti ku bibazo vyibonekeje mu miryango biciye muri rwa rutonde rw'ibikorwa vyo mu muryango (IFSP).

Mu muryango bitangura gute?

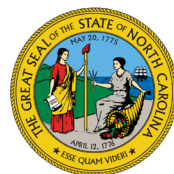
- Mu gihe umuryango n'umugwi ujejwe urutonde rw'ibikorwa vyo mu muryango IFSP bafashe ingingo y'uko umwana wawe akeneye ubuvuzi bwo mu mutwe bwa tereterapi, umuhuzabikorwa ajejwe ibikorwa vyo ku rugero rwa mbere aca akora ico gushira ico gikorwa mu bindi bica birangurwa.
- Ushobora guca wegera ikigo gisanzwe kikiyuzza kugira urabe ko gishobora kugufasha no muri ubwo buvuzi bwa terapi.

Ubuwuzi bwa tereterapi bwoba bukorwa mw'ibanga no mu buryo buhumuriza umurwayi?

- Ego cane. Abavuzi bakoresha uburyo bwa Tereterapi bakurikiza amategeko amwe co kimwe n'abandi baganga. Ni nk'aho boba bariko bavura umuntu bari kumwe.
- Ikigo kijejwe gukurikirana ibijanye n'ingrne umwana agenda arakura (CDSA) kirahumuriza ko amakuru ku magara y'umuryango aguma ari ibanga kandi akingiwe.



**Igiti kigororwa
kikiri gito!**



NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**
Division of Child and Family Well-Being
NC Infant-Toddler Program (NC ITP)



Ubuwuzi mu buryo bwa tereterapi yoba ariyo nzira irashe ku mwana wawe no ku muryango?

Ikigo citaho abana batoyi muri Leta ya Carolina y'ubururuko

Nohitamwo ubuwuzi bwa tereterapi kubera iki?

- Ni ubuwuzi butuma uronka ingene uvurwa kandi uri mu kibanza umuganga atari hafi canke ngo aboneke vyoroshe.
- Ubuwuzi bwa Tereterapi butuma ushobora kuvurwa n'umuganga w'inzobere ashobora no kuba atari buboneke mu gace uherereyemwo.
- Abavyeyi basanze ubuwuzi mu buryo bwa tereterapi bufasha cane.
- Ubuwuzi bwa Tereterapi ni umuti ku bana bafise amasoni canke bahangayitse.

- Woba ufise umuhora wa interenete ukora neza canke terefone irimwo kandi ifata neza interenete canke iterefone ifise interenete idahera?
- Woba ufise mudasobwa canke ca giterefone kinini? Aho muca muyaga vyoroshe nk'aho umenga muri kumwe kubera ikiyo kiba cagutse, ariko na terefone smart nayo nyene irashobora gufasha.
- Woba ufise umuhora ngurukanabumenyi wa email kugira umuganga aze akurungikira umurongo muvuganirako?
- Wumva worohewe uriko urakoresha ico gikoresho cawe (mudasobwa, terefone nini canke terefone smart)?

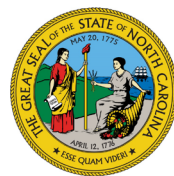


Ubuwuzi bwa Tereterapi bukoreshwa ku mwana NO ku muvyezi.

Kubonana na muganga akoratereterapi bigenda gute?

1. Muri kumwe na muganga muravugana ku coba carabaye guhera igihe muheruka kubonanirako hanyuma mugaca muja inama ku co muza gukorerako uyu musu.
2. Umuganga arashobora kukwereka ibikorwa n'inzira ushobora kugerageza uri kumwe n'umwana wawe hanyuma wihweze wewe n'umwana muri muri ivyo bikorwa.
3. Umuganga araheza akakubwira icavuye mu vyo yabonye agaca agirako aguha impanuro.
4. Muravugana ku vyagenze neza uno musu, hamwe n'ivyo uza gukorera muhira imbere y'uko hazoba uwundi mubonano.

- Abana bato biragoye ko yoguma hamwe go ahange ijisho mudasobwa canke terefone.
- Mu gishingo c'ivyo, uraheza ugakina wongera uyaga n'umwana, nk'uko muganga yabigutemwo intege akwereka uburyo bwo gukuza impano n'ubushobozi vy'umwana wawe.
- Ubwo buwuzi busanzwe bukoresha ibikoresho usanganywe mu nzu iwawe. Nta bintu vy'igitangaza bikenewe.
- Ubuwuzi bwa tereterapi bushimikira ku gufasha umwana mu kwiga akamenya ibintu bishasha mu migirwa ya misi yose nko mu gihe co gufungura, co gukina, kwurira mu muduga, canke igihe co kwiyuhagira.
- Abavyeyi hamwe n'abagize umuryango iyo bari muhira barakina, bakayaga n'abana babo. Aba ni abigisha bakomeye kandi bahambaye!



Ico abavyeyi bavuga ku bijanye n'ubuvuzi



- * *Ndashima ukungen ubuvuzi bwa tereterapi butanga gutuza! Umukobwa wanje yari afise ikibazo co guhangayika, ariko ubuvuzi bwaramufashije cane gose. Ubu arashobora kwishora mu kintu runaka hageze ko akivamwo akagihagarika hanyuma akagenda. Iyo ataba ubu buvuzi bwa tereterapi, ntitwari kuronka ingene tubikika.*
- * *Ubu buvuzi bwa Tereterapi bwatumye umwana wanje aronka ubufasha yari akeneye, kandi ubu umuravye aradoshe vy'ukuri. Yarateye intambwe cane guhera ashizwe mu bafashwa n'ubu buvuzi!*
- * *Nkunda ubuvuzi bwa tereterapi kubw'imvo nyinshi kuko ihuye neza n'ingene urutonde rw'ivyanje rutunganije.*
- * *Umwana wanje ubu aratuje kubera ubuvuzi bwa tereterapi. Ameze neza kandi arisanzuye aho aba ari kandi arahuza cane n'umuganga wiwe naho aba atari hafi yiwe.*
- * *Narakunze impanuro zifatira ku bintu biboneka mu bikorwa bisanzwe. Ibintu vyinshi ntigeze niyumvira gukora ni vyo vyamfashije!*
- * *Kugira inzira nyishi twagiye tugerageza ubuvuzi bwa tereterapi mu mwanya ukwiriye ni vyo vyatumye dutera intambwe.*
- * *Narakunze ingene imisi n'imyanya vyashirwaho atagihutaza ikindi.*
- * *Umuganga wanje yarabaye incabwenge cane kuko yadusigurira ibintu mu buryo dutahura kandi yabikora ku musu ku musu n'umuhungu wacu.*
- * *Narakunze ukuntu nagerageza ivyo nakora nk'umugenzo n'ibikorwa vyo mu mwanya usanzwe, kandi nkabwira ingene vyagenze.*
- * *Gukoresha ubuvuzi bwa tereterapi bumpa gutuza ni vyo vyanje! Muganga azondungikira umurongo wo kuvuganirako muri email. Hanyuma nce mfyondako dushobore kumubona nawe atubone!*



Igiti kigororwa
kikiri gito!

